

Your Life, Your Health

Upcoming Free Workshop:

Registration Required

Dates: 5/1, 5/8, 5/15, 5/22,
5/29, 6/5, 2013

Time: 9:30am - 12:00 noon

Where: MLK Community Center
4000 Gus Young
Baton Rouge, LA 70802



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Your Life, Your Health workshops put me back in charge.

Now I have the energy to do the things that matter.
I've put life back in my life.

Your Life, Your Health



Your Life Your Health is a program funded by a Federal ARRA Grant and administered by the Louisiana Governor's Office of Elderly Affairs.



To register for this six week workshop call Susan at 922-2525